

# STERILIZATION FOR WOMEN – ESSURE



## *What is Essure?*

Essure is a permanent method of birth control for women that involves a surgical procedure where a small, flexible, springlike device is inserted into each fallopian tube causing them to close forever. After the tubes are closed, an egg from your ovaries will not be able to join sperm from a male to start a pregnancy. It takes about three months for the method to work, so you will need to use another type of birth control until you have a test to confirm that the tubes are closed. After the test is done and we are sure the tubes are closed, you do not have to use birth control when you have sex.

## *How long does it last?*

Essure is permanent and is not considered reversible. This means

that you will not be able to have a baby in the future.

## *What are good reasons for using this method?*

It is over 99% effective in preventing pregnancy, so if you are sure you do not want to have any more children, it is a good method. Once your tubes are blocked, it is almost impossible for you to get pregnant. The procedure is safe and does not require any incisions or general anesthesia. You will be back to your normal activities within a day or so.

## *How does the Essure procedure work?*

1. A trained provider will insert a long, thin tube (or inserter) up to

- each fallopian tube, through the vagina. No incisions are made. Mild medication may be given so there is no discomfort.
2. Once in the fallopian tube, a spring-like coil (or micro-insert) is released from the inserter and it attaches to the inside of the tube.
  3. The inserter is removed, then the process is repeated for the other tube. The entire procedure only takes about 30-45 minutes.
  4. During the next 3 months after the procedure, your body and the micro-inserts work together to form a tissue barrier that prevents sperm from reaching the egg. During this time, you will need to use another kind of birth control.
  5. After three months, you will need to return to the provider to get a special type of x-ray called a hysterosalpingogram

## Facts About Essure, continued

(HSG). This test will locate the micro-inserts and confirm that the tubes are completely blocked so a pregnancy cannot occur.

### *Is there anyone who should not use Essure?*

---

You should not use Essure if:

1. You think you are pregnant
2. You have been pregnant less than 6 weeks before getting the Essure
3. You are going through chemotherapy or immunosuppressive therapy
4. You currently have or recently had a pelvic infection
5. You are not sure whether you want to have more children
6. You are not willing to go back to get the HSG (confirmation test)
7. You are not willing to use another type of birth control during the three months after Essure is put in

### *Will I have any problems if I use Essure?*

---

Because this method involves a surgical type procedure, problems can happen.

In some cases, the provider may not be able to place both micro-inserts into the tubes or one could come out after the procedure.

Although it is rare, it may take longer than 3 months for the procedure to work.

Some women have mild to moderate bleeding and cramping after the procedure. You should contact your provider if you notice unusual pain, bleeding, fever or other problems after the procedure.

A more serious problem could include possible injury to the uterus that might require surgery.

### *Will I still have my monthly cycle (period)?*

---

Yes. Even though you cannot get pregnant, you will still have a monthly period.

### *Can I breastfeed after having this procedure?*

---

Yes, Essure does not affect your ability to breastfeed your baby.

### *Will having this procedure change my sexual desire?*

---

It should not have any affect on your sexual desire because no female organs are being removed or changes in how your body makes female hormones. Some women say they feel more sexual desire since they do not have to worry about getting pregnant.

### *When can I get an Essure?*

---

For Medicaid or other federal programs to pay for Essure, you must be 21 years of age and have signed a consent form giving permission 30 days ahead of time. Once you have signed the papers, you can change your mind at any time.

## REMEMBER:

***Essure will not keep you from getting HIV or AIDS, or any other disease you can get when you have sex. To help protect yourself, use a latex condom each time you have sex.***

**DOCTOR/CLINIC PHONE NUMBER:**

---